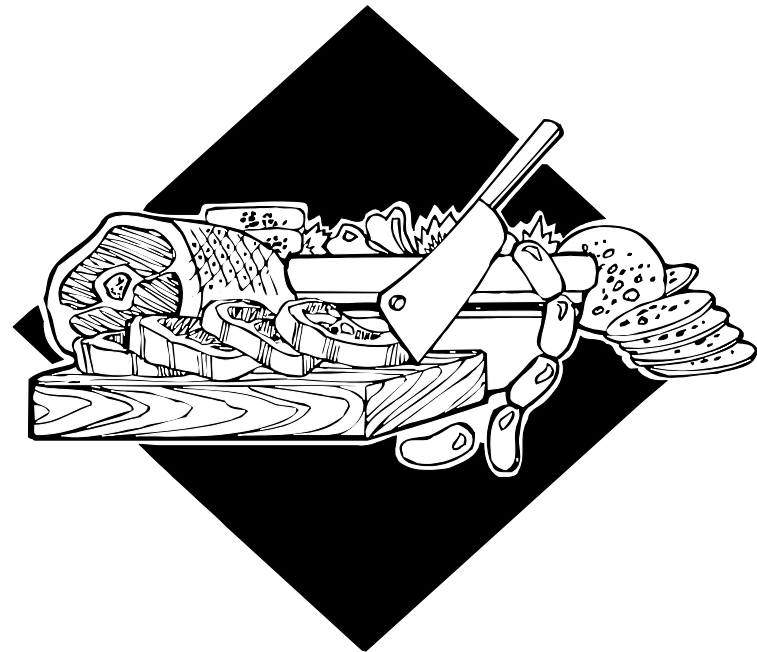


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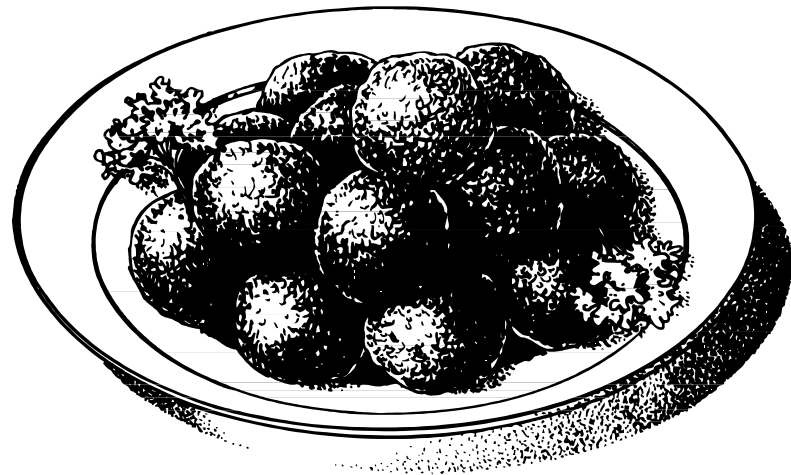
## **Goulash**

1 lb. Hamburger  
1 lg. onion, diced  
1 green pepper, cut up  
1 pkg. cooked macaroni from Kraft dinner (or use 1 ½ cups regular macaroni, cooked, and ½ lb. Grated cheese)  
1 can tomato soup  
1 can mushroom soup

Brown hamburger then add onion and green pepper. Cook until onions are almost translucent; drain. Add macaroni, soups and powdered cheese or grated cheese; mix well.

## **Sweet and Sour Meatballs** – Grandma Mitchell

1 lb. Ground beef  
1 ½ tsp. salt  
½ tsp. pepper  
1 5-oz. can water chestnuts, sliced thin  
1 cup milk  
½ cup butter  
¼ cup flour  
2 Tbl. cornstarch  
1 ½ cup sugar  
¼ cup wine vinegar  
2 Tbl. soy sauce  
1 medium green pepper, chopped in ½” pieces  
½ cup celery, chopped in ½” pieces  
1 small can pineapple cubes with juice



Combine beef, seasonings, water chestnuts and milk. Form into small balls. Roll in flour and fry in butter until brown and well done. Combine remaining ingredients in saucepan and bring to a boil. Reduce heat and simmer for 3 minutes. Pour over meatballs and serve in chafing dish.

### **Meatballs**

1/3 lb. ground hamburger  
1/3 lb. ground pork  
1/3 lb. ground veal  
3 Tbl. Dijon mustard  
1 onion, finely chopped  
3 Dashes Worcestershire sauce  
1 Tbl. Garlic  
Salt and pepper to taste  
1/8 lb. margarine  
¼ cup olive oil  
1 pint sour cream  
1 can beef broth  
2 bullion cubes  
1 Tbl. flour

Mix all ingredients up to salt and pepper. Keep hands wet so meat won't stick and roll meatballs. Do not make balls larger than an inch in diameter. Fry in margarine and oil mixture until brown. After all are fried put 1 Tbl. of flour into the frying pan and stir with residual oil. Then pour in broth and cubes. Reduce volume by half; add sour cream (use only enough to taste). Salt and pepper.

### **Half the Beef Tacos** – Donald Mitchell

½ lb. Ground beef  
Potatoes, peeled and grated  
1 onion, chopped  
2 to 3 cloves garlic, minced  
½ tsp. ground cumin  
3 Tbl. taco sauce  
Taco shells or tortillas  
Toppings

Cook and drain ground beef. Cook potatoes in a frying pan; add onion and garlic; brown on both sides. Add ½ tsp. ground cumin; mix and cook for a couple more minutes. Add taco sauce and meat. Finish cooking. Fill shells or tortillas and top with desired toppings.

### **Hamburg Casserole**

1lb. Hamburger  
3 onions, chopped  
1 stalk celery, chopped  
5 potatoes, diced  
1 can red kidney beans  
1 can tomato soup  
Salt  
Pepper

Brown hamburger together with onions and celery. Cook potatoes in water until almost done. Drain both. Mix together with other ingredients. Put in greased casserole dish and bake at 350° for 30 minutes.

## **Frank and Potato Casserole**

1 can cream of celery soup  
¾ cup milk (1/2 soup can)  
¼ cup finely chopped onion  
2 to 3 tsp. prepared mustard  
4 cups diced potatoes  
½ lb. Hotdogs, cut into small pieces

In bowl mix soup, milk and onion. In a buttered casserole, arrange alternate layers of potatoes, sauce mixture and hotdogs. Cover and refrigerate until ready to bake. Remove from refrigerator 45 minutes before serving. Bake, covered, at 400° for 30 minutes; uncover and bake 15 minutes.

Donna's notes: Does not freeze well.

## **Pepper Sirloin Steak**

1 2 ½-lb. Sirloin steak, 1 ½" thick  
½ cup butter or marg.  
¼ cup chopped fresh parsley or 4 tsp. dried parsley  
¼ cup minced onion  
2 Tbl. Worcestershire sauce  
1 tsp. freshly ground pepper  
½ tsp. dry mustard

Lightly score edges of steak at 1" intervals. Preheat grill or broiler. Combine butter, parsley, onion. Worcestershire sauce, pepper and mustard in a small saucepan. Heat, stirring continually, over low heat, until butter melts. Reserve ¼ of the mixture. Place steak on grill or broiler pan. Brush steak with butter mixture. Cook, basting frequently with butter mixture, about 6 minutes per side for medium. Place steak on a serving platter. Cut thin slices across the grain. Drizzle reserved butter mixture over steak.

## **Peppery Steak With Pan Fries & Gravy**

Potatoes:

¼ cup butter or marg.

6 med. new red potatoes, cut into wedges

¼ tsp. salt

¼ tsp. pepper

Steak:

1/3 cup all-purpose flour

¼ tsp. salt

Pinch of pepper

4 beef cubed steaks

Gravy:

1 Tbl. butter or marg.

1 Tbl. all-purpose flour

1 cup milk

¼ tsp. salt

Pinch of pepper

In 10" skillet melt ¼ cup butter until sizzling. Add remaining potato ingredients. Cook over med. high heat, turning occasionally, until golden brown (10 to 15 minutes). Place potatoes on platter; keep warm while preparing steaks and gravy. In 9" pie pan stir together all steak ingredients except steaks. Coat both sides of steaks with flour mixture. Place 2 steaks in same skillet. Cook over med. high heat until brown and crispy (3 minutes on each side). Remove steaks to platter with potatoes. Cook remaining steaks. Reduce heat to medium. In same skillet with drippings and brown particles melt 1 Tbl. butter; stir in 1 Tbl. flour. Cook, stirring occasionally, until smooth and bubbly (1 minute). Stir in remaining gravy ingredients. Continue cooking, stirring occasionally, until gravy thickens (4 to 5 minutes). Serve over steaks and potatoes.

Microwave: In 9" x 13" baking dish melt ¼ cup butter on high (50 to 60 sec.). Stir in remaining potato ingredients. Cover; microwave on high, stirring after half the time, until potatoes are tender (8 to 11 minutes.). Place potatoes on platter; keep warm while preparing steaks and gravy. Omit 1/3 cup flour. Place steaks in same dish; sprinkle with salt and pepper. Cover; microwave on high, turning steaks over after half the time, until meat is no longer pink. Remove steaks to platter with potatoes. Omit 1 Tbl. butter; increase flour to 3 Tbl. Stir 3 Tbl. flour into pan juices. Microwave on high until bubbly (1 to 1 ½ min.). Stir in remaining gravy ingredients. Cover; microwave on high, stirring after half the time, until gravy thickens (3 to 5 min.). Serve over steaks and potatoes.

## **Grilled Steak With Herb Peppercorn Butter**

¼ cup cooking wine or apple juice  
1 Tbl. minced fresh shallots  
1 Tbl. chopped fresh chives  
1 tsp. chopped fresh tarragon  
½ tsp. coarsely ground pepper  
¼ tsp. salt  
½ cup butter, softened  
4 beef porterhouse or T-bone steaks

In 1-qt. saucepan stir together all ingredients except butter and steaks. Cook over med. heat, stirring occasionally, until all liquid has evaporated (5 to 6 min.). Set aside; cool completely. In small bowl stir together butter and cooled herbs. Place mixture on waxed paper; shape into 4" log. Refrigerate until serving time. Meanwhile, grill or broil steaks to desired doneness. Place ½" slice herb butter on each grilled or broiled steak. Serve as butter is melting over steaks. Tip: Remaining herb butter can be used to season cooked vegetables or to serve with breads.

## **Pot-Roast In Foil**

4 lb. Beef chuck pot-roast (boneless rump, top round or bottom round can be used).  
1 envelope dry onion soup mix (about 1 ½ ounce)  
1 can (10 ½ ounces) condensed cream of mushroom soup

Place 30" x 18" piece of heavy-duty aluminum foil in 9" x 13" baking pan; place meat on foil. Sprinkle soup mix over top of meat and spread with cream of mushroom soup. Fold foil over meat and seal securely. Cook in 300° oven for 4 hours.

## **Prairie Pot Roast With Dill**

Roast:

2 Tbl. vegetable oil

1 Tbl. cider vinegar

1 tsp. salt

1 tsp. dill seed

½ tsp. pepper

3 to 4 lb. Beef chuck roast

6 to 8 medium new red potatoes, cut into 1" pieces

4 to 6 medium carrots, cut into 1 ½" pieces

2 leeks, quartered, sliced lengthwise into 2" pieces (can substitute with 2 lg. onions, cut into 2" pieces)

¼ cup water

1 bay leaf

Gravy:

¼ cup all-purpose flour

½ tsp. salt

½ tsp. dill weed

1 cup dairy sour cream

Heat oven to 350°. In 9" x 13" baking pan combine oil, vinegar, 1 tsp. salt, dill seed and pepper; add roast. Turn to coat all sides of roast with herbs and oil. Let stand 15 minutes. Meanwhile, in large roasting pan place potatoes, carrots and leeks (or onion). Place roast and herb and oil mixture in roasting pan with vegetables; add water and bay leaf. Cover; bake, basting occasionally, for 1 ½ to 3 hours or until roast is fork tender. Remove bay leaf. Place roast and vegetables on serving platter; reserve pan juices. In 2-qt. saucepan place reserved pan juices. Whisk in flour, ½ tsp. salt and dill weed. Cook over medium heat, stirring occasionally, until smooth and bubbly (1 minute). Stir in sour cream; continue cooking, stirring occasionally, until gravy is thickened (4 to 5 min.). Serve over carved roast and vegetables.

## **Tender Pot-Roasted Beef**

1 2lb. Bottom round or rump roast, trimmed  
Juice of 1 lemon  
1 oven cooking bag  
2 onions, thinly sliced  
8 baby carrots  
2 medium potatoes, peeled, quartered  
4 stalks celery, sliced  
1 green bell pepper, chopped  
1 clove garlic, chopped  
1 tsp. dry mustard  
1 tsp. dried thyme  
2 cups tomato juice

Place beef in a shallow roasting pan. Sprinkle beef with lemon juice; pierce with a fork. Cover and refrigerate until ready to roast. Preheat oven to 350°. Prepare beef in oven cooking bag according to package directions. Return to roasting pan. Arrange onions, carrots and potatoes around beef. Top with celery and bell pepper. Sprinkle beef with garlic, mustard and thyme. Pour tomato juice around beef in cooking bag. Seal bag; cut slits. Roast for 1 hour or until very tender. Remove beef from oven cooking bag. Let stand, covering, for about 5 minutes; cut into slices. Arrange vegetables around beef on a serving platter. Note: To reduce cooking time to 45 minutes, follow recipe but cut the uncooked beef into ½" thick slices. Arrange slices, slightly overlapping, in the oven cooking bag.

## **Creole Pot Roast** – A.J. Bayless Markets

4 to 5 lbs. Chuck or rump roast  
3 Tbl. cooking oil  
1 ½ tsp. seasoned salt  
¼ tsp. pepper  
1 medium onion, sliced in rings  
¼ cup chopped green pepper  
½ cup chopped celery  
3 ½ cups canned tomatoes  
½ cup sliced stuffed green olives  
5 to 6 drops hot pepper sauce

Heat oil in dutch oven or electric skillet. Brown meat slowly on all sides to develop maximum flavor. Sprinkle with salt and pepper. Add onion, green pepper and celery to skillet and continue cooking until tender. Add remaining ingredients, spooning vegetables over meat. Cover; simmer 2 to 3 hours or until meat is tender when pierced with a fork. Thicken gravy with 2 Tbl. of flour for each cup of liquid, if desired.

Donna's notes: Tender, good taste, very dark flavorful gravy. Lots of leftovers.



## **Oriental Beef and Veggies**

1 ½ lbs. Hamburger  
4 green onions, chopped  
1 green pepper in strips  
¾ cup water  
2 Tbl. soy sauce  
3 Tbl. rice vinegar  
1 Tbl. sesame oil  
¼ cup sugar  
1 Tbl. sesame seeds  
¼ tsp. garlic powder  
½ tsp. crushed ginger  
½ tsp. pepper  
1 to 3 cups each of assorted diced

vegetables:

20 minutes cooking time: broccoli, green beans or wax beans, zucchini,  
summer squash or carrots  
5 minutes cooking time: spinach, beet greens or garland chrysanthemum  
2 minutes cooking time: bean sprouts

Brown hamburger in electric frying pan; drain. Add green onions and green pepper. Add desired vegetable and cook according to cooking times above. In a gravy shaker mix remaining ingredients except sesame seeds. Add sauce to beef and vegetable mixture during the last five minutes of vegetable cooking time. Sprinkle with sesame seeds; stir. Serve with rice.

## **Bulgogi**

1 ½ lbs. Beef, thinly sliced (ask  
butcher to slice as thin as lunchmeat)  
3 Tbl. rice vinegar  
1 tsp. pepper

Sauce: Mix in jar or bowl

¼ cup soy sauce  
¼ minced green onion  
1 Tbl. sesame seeds (preferably  
toasted)  
2 Tbl. sesame oil  
2 tsp. minced garlic  
1 tsp. minced ginger

Prepare beef with ½ of sauce. Add sugar and vinegar to beef; sprinkle with pepper. Let beef stand 15 minutes. Broil on a charcoal fire or pan. Serve hot.

## **New England Boiled Dinner**

5 or 6 lb. Corned brisket of beef

Water

4 halved celery stalks

6 small whole onions

4 quartered carrots

4 quartered medium potatoes

2 quartered turnips

2 quartered rutabagas

1 green cabbage, quartered

In a heavy kettle place beef, cover with water and simmer 3 hours. Remove meat, keeping warm. Skim broth; add vegetables except cabbage. Cover and cook 15 minutes. Add cabbage, cook 10 more minutes. Serve with mustard sauce.



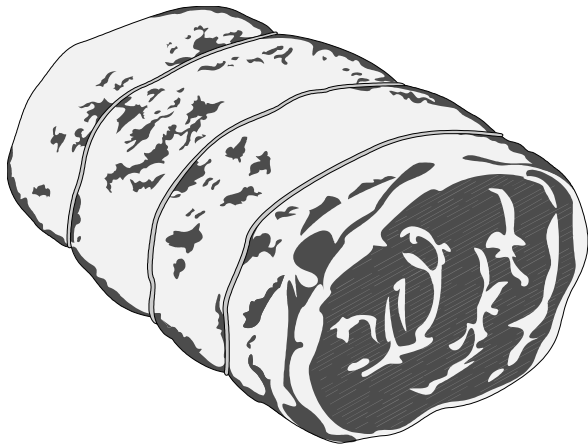
## **Rib Roast Dinner**

### Potatoes:

6 lg. russet potatoes, scrubbed  
1 Tbl. butter or marg.  
½ cup diced red bell pepper  
½ cup diced green bell pepper  
2/3 cup chopped yellow onion  
4 slices baked ham (about 4-oz.), diced  
1 ½ cups shredded Colby cheese, divided  
2 Tbl. milk  
2 Tbl. sour cream

### Roast:

1 Tbl. coarsely cracked black pepper  
1 2 1/4lb. Boneless rib roast or tenderloin  
¼ cup fresh flat-leaf parsley  
1 Tbl. fresh chives  
1 Tbl. fresh tarragon leaves  
1 tsp. dried thyme



### Potatoes:

Preheat oven to 400°. Pierce potatoes several times with a fork. Bake until tender, about 1 hour. Meanwhile, melt butter in a large nonstick skillet set over medium heat. Add peppers and onion; sauté until tender, about 5 minutes. Add ham; sauté for 5 more minutes. Reduce temperature of oven to 350. Cool potatoes slightly. Slice tops off potatoes and scoop out pulp; reserve skins. In a bowl, mash pulp. Stir in 1 cup Colby, milk, sour cream and vegetable mixture. Spoon mixture into potato shells. Sprinkle potatoes with remaining cheese. Place on baking sheet. Bake until heated through, about 20 minutes. Serve with roast.

### Roast:

Increase oven temperature to 425°. Rub the pepper evenly over beef, pressing gently so pepper adheres. Place the herbs in a large measuring cup and chop using kitchen shears. On a sheet of waxed paper, combine fresh and dried herbs. Roll beef in herb mixture to completely coat. Loosely tie the beef at 2" intervals with kitchen twine (do not tie the beef too tightly with twine or the flavorful meat juices might escape). Place beef on roasting rack. Roast until an instant-read meat thermometer registers 155° for medium, about 30 minutes. Let stand for 5 minutes; carve into thin slices.

Use a meat thermometer to check the doneness of the beef:

Rare 130, medium 155, well-done 170

Leftover roast beef will keep for up to 2 days in the refrigerator. Cover the meat tightly with plastic wrap. Prepare and stuff potatoes up to 1 day in advance. Wrap in plastic wrap and refrigerate until ready to bake.

## **Apple Saucy Pork Roast**

1 3 ½ to 4 lb. Boneless port top loin roast (double loin, tied)  
3 cloves garlic, cut into thin slices  
1 tsp. coarse salt (or regular salt)  
1 tsp. dried rosemary, crushed  
½ tsp. coarsely ground pepper  
3 medium apples, cored and cut into wedges (about 3 cups)  
¼ cup packed brown sugar  
¼ cup apple juice  
2 Tbl. lemon juice  
2 tsp. dry mustard

Preheat oven to 325°. Cut small slits (about ½” long and 1” deep) in pork roast; insert a piece of garlic in each slit. Combine salt, rosemary, and pepper; rub onto meat surface. Place roast on rack in shallow roasting pan. Insert a meat thermometer. Roast, uncovered, for 1 ½ to 1 ¾ hours or until meat thermometer reaches 145°. Spoon off any grease from roasting pan. Combine apples, brown sugar, apple juice, lemon juice, and dry mustard. Spoon around roast. Roast, uncovered, for 30 to 45 minutes longer or until meat thermometer reaches 155° and meat juices are clear. Remove meat to platter and let stand for 10 minutes before slicing. Remove rack from pan; stir apple mixture into pan juices. If desired, use a slotted spoon to remove apple wedges, and pass juices.

## **Beef Stroganoff** – Liz Lemmon

1 lb. Round steak, ¼” to ½” thick, or 1 lb. Ground beef  
2/3 cup water  
1 3-oz. can broiled sliced mushrooms  
1 envelope onion soup mix  
1 cup sour cream  
2 Tbl. flour  
Buttered fine noodles or rice

For round steak: Trim fat from meat; reserve fat. Cut meat diagonally across grain in thin strips. Heat fat in skillet. When you have about 3 Tbl. melted fat, remove trimmings. Brown meat quickly.

For hamburger: Cook until it has lost its pink color; drain fat.

For both: Add water and mushrooms (including liquid); stir in soup mix. Heat just to boiling. Blend sour cream and flour; add. Cook and stir until mixture thickens – sauce will be thin. Serve over hot noodles.



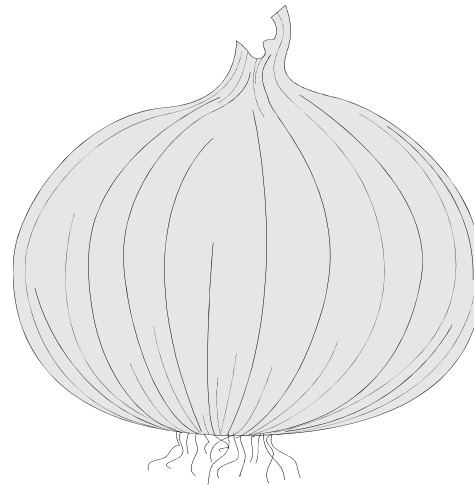
## **Beef Stroganoff**

1 lb. Ground beef  
1 can cream of mushroom soup  
½ soup can of milk  
Dash Worcestershire sauce  
Garlic powder to taste  
Noodles

Brown meat; drain. Add Worcestershire sauce, garlic powder, and some salt. Add soup and milk. Mix sauce with noodles. Serve.

## **Beef Stroganoff With Pearl Onions**

3 Tbl. butter or margarine  
1 ½ lb. Sirloin steak, cut into 1 ½" pieces  
½ tsp. salt  
½ tsp. pepper  
2 Tbl. all-purpose flour  
2 cups half-and-half  
3 oz. Cream cheese, softened  
2 Tbl. tomato paste  
2 cups fresh mushrooms, halved  
1 cup frozen pearl onions, thawed, drained  
¼ cup chopped fresh parsley  
1 tsp. marjoram leaves  
Cooked egg noodles



In 10" skillet melt butter until sizzling. Add steak, salt and pepper. Cook over medium high heat, stirring occasionally, until browned (5 minutes). Stir in flour to coat steak; add half-and-half, cream cheese and tomato paste. Reduce heat to medium. Cook, stirring occasionally, until sauce is thickened (7 to 9 minutes). Stir in remaining ingredients except noodles. Continue cooking, stirring occasionally, until mushrooms are tender (3 to 4 minutes). Serve over noodles.

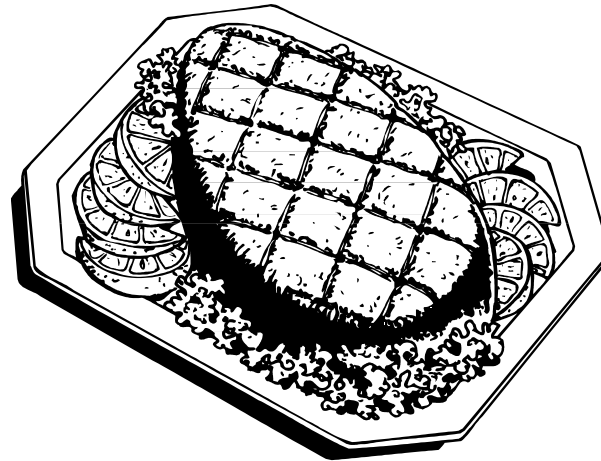
## **Ham and Rice Oriental**

1 pkg. (6-oz.) sliced spiced ham, bologna, or ham, cut in squares  
5 Tbl. pure vegetable oil  
2 eggs, beaten  
3 cups cold cooked rice  
 $\frac{3}{4}$  cup thinly sliced green onions  
1 can (4-oz.) mushroom pieces and stems, drained  
Dash of pepper  
1 to 2 Tbl. soy sauce

Sauté meat lightly in 1 Tbl. hot oil; remove and reserve. Add 1 Tbl. oil and beaten eggs to pan; cook eggs, turning to cook both sides; remove eggs; cut in strips and reserve. Put remaining 3 Tbl. oil in pan; add rice; sauté 5 minutes, stirring frequently. Add meat, eggs, green onions, mushrooms and pepper; cook 3 minutes to heat thoroughly. Add soy sauce; mix well; serve.

## **Hawaiian Ham & Rice**

2  $\frac{1}{2}$  cups cubed, cooked ham  
 $\frac{1}{3}$  cup chopped green pepper  
2 Tbl. butter or margarine  
1 Tbl. cornstarch  
 $\frac{3}{4}$  cup water  
 $\frac{1}{2}$  cup pineapple juice  
1 Tbl. brown sugar  
1  $\frac{1}{2}$  tsp. dry mustard  
 $\frac{1}{2}$  tsp. ground ginger  
 $\frac{3}{4}$  cup pineapple chunks  
1  $\frac{1}{2}$  cup steamed rice (about  $\frac{1}{2}$  cup uncooked rice)



In an electric frying pan set at 300°; sauté ham and green pepper in butter until ham is lightly browned. Mix together cornstarch and water; add pineapple juice, brown sugar, mustard and ginger. Pour cornstarch mixture over ham and green pepper. Cook over medium heat, stirring constantly, until sauce thickens (clear). Add pineapple chunks, heat. Serve over steamed rice.

## **Japanese Ham and Rice with Cabbage**

1 cup rice  
1 onion, chopped  
1 pepper, chopped  
1 head of cabbage, chopped  
2 cups ham, cut up  
2 Tbl. salad oil  
2 eggs, beaten

Prepare vegetables and ham. Cook rice as directed on package. In large pan put salad oil; heat. Add eggs and scramble. Add onions, pepper, cabbage, ham and cooked rice. Simmer 20 minutes.

## **Sweet and Sour Pork**

1 ½ lbs. Pork, cubed  
2 to 3 carrots, cut on an angle  
1 to 3 green peppers, cubed  
1 to 2 cans pineapple chunks

Sauce:

¼ cup vinegar  
¼ cup catsup  
1 Tbl. soy sauce  
¼ cup brown sugar  
1 tsp. salt  
2 Tbl. cornstarch  
¼ cup pineapple juice



Marinate pork in enough soy sauce to barely cover and 1 Tbl. sugar (the longer the better). Coat in cornstarch and deep fat fry, remove pork and drain. Stir-fry carrots, then add peppers, then pineapple, then meat. Add sauce and cook until it thickens.

## **Curried Pork Chops With Oranges**

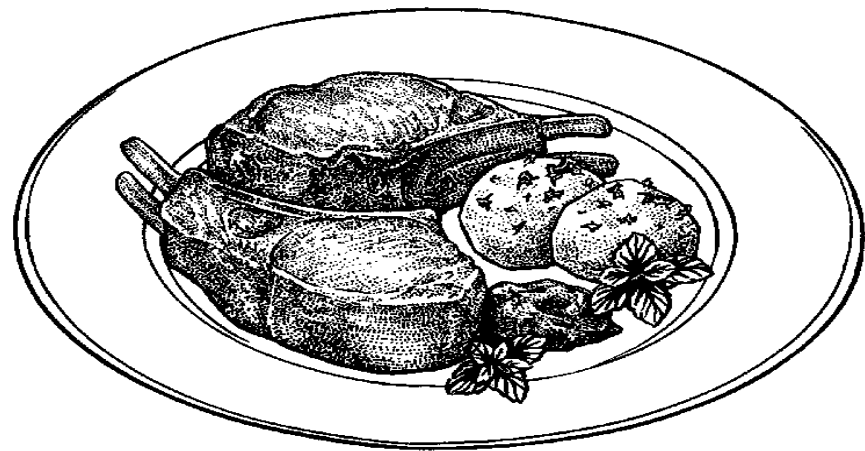
Pork chops, cut ½" thick  
Nonstick spray coating  
½ cup orange juice  
1 Tbl. honey  
1 to 2 tsp. curry powder  
2 oranges  
2 tsp. cornstarch  
1 Tbl. cold water  
1 Tbl. snipped chives or parsley

Trim fat from pork chops; cut each chop in half. Spray large skillet with nonstick spray coating. Preheat over medium high heat. Add pork chops and brown on both sides. Drain fat. Add orange juice, honey and curry powder to skillet. Bring to boiling. Cover and simmer 30 to 40 minutes or until chops are tender and no longer pink. Remove chops from skillet; keep warm. Meanwhile, peel oranges. Slice crosswise; thin halve circular slices; set aside. Stir together cornstarch and water; stir into skillet. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Stir in oranges and chives; heat through. Spoon over pork chops.

## **Orange Pork Chop Skillet**

6 pork chops, ½" thick  
1 tsp. salt  
1 medium onion, cut into 6 slices  
1 can (6-oz.) frozen orange juice concentrate, thawed  
¼ cup brown sugar (packed)  
½ tsp. allspice  
3 Tbl. lemon juice  
¾ cup water  
1 can (23-oz.) vacuum-pack sweet potatoes  
6 thin orange slices

Trim excess fat from chops; grease large skillet. Brown chops; season with salt. Drain. Top each chop with onion slice. Mix orange juice concentrate, sugar, allspice, lemon juice and water; pour on chops. Heat to boiling. Reduce heat; cover and simmer 25 minutes. Arrange potatoes and orange slices on chops. Cover; cook until potatoes are hot, about 15 minutes.





## **Garlic-Thyme Pork Chops**

4 pork loin or rib chops, cut 1 ¼" to 1 ½" thick (about 3 lbs.)

3 medium red onions, quartered

1 cup apple juice

1 tsp. cornstarch

1 tsp. cold water

1 Tbl. olive oil

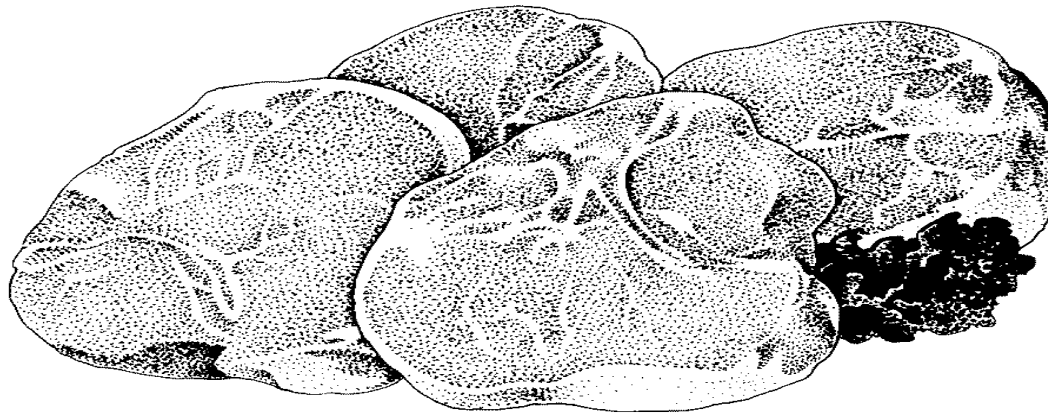
3 cloves garlic, minced

3 Tbl. snipped fresh thyme or 1 ½ tsp. dried thyme, crushed

½ tsp. coarsely ground black pepper

¼ tsp. salt

Place pork chops on the unheated rack of a broiler pan. Arrange onions around pork chops. Set pan in oven and adjust oven rack so that top of meat is 4 to 5 inches from broiler element. Remove pan and chops. Preheat broiler. Return pan to the broiler and broil, without turning, for 9 minutes. Meanwhile, for glaze, in a medium saucepan bring apple juice to boiling; boil, uncovered on high for 5 to 6 minutes or until reduced to ½ cup. Meanwhile, combine cornstarch with cold water; stir into apple juice. Cook and stir until slightly thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Stir in oil, garlic, 2 Tbl. of fresh or 1 tsp. of dried thyme, pepper, and salt. Remove 2 Tbl. of the glaze and set aside. Turn pork; broil 9 to 13 minutes more or until juices run clear. Using a pastry brush, coat pork and onions with glaze during the last 5 minutes of cooking. Remove onions to a small serving bowl. Remove pork chops to serving platter or dish. Stir the reserved glaze and remaining thyme into onions.



## **Lamb Chops With Tomato Topping**

4 large loin lab chops  
2 Tbl. olive oil  
1 small clove garlic, crushed  
¾ tsp. dried oregano leaves, crushed  
Salt and pepper, to taste

### **Topping:**

1 tsp. olive oil  
1 clove garlic, crushed  
1 Tbl. chopped onion  
½ lb. Plum tomatoes, diced  
1 Tbl. each – chopped fresh basil (or 1 tsp. dried basil leaves) and chopped parsley  
Salt and pepper

Wipe lamb chops with paper towel. In shallow bowl, combine oil, garlic, oregano, salt and pepper. Add chops, turning to coat well. Cover. Refrigerate for at least 4 hours. Remove chops from refrigerator. Place in broiling pan. Broil chops 3 minutes. Turn chops over. Broil 3 to 4 minutes longer or until done to your liking. To prepare topping, heat oil in skillet. Stir in garlic and onion. Cook, stirring occasionally, for 2 to 3 minutes. Stir in remaining topping ingredients. Cook 5 minutes longer, stirring, or until heated through. Place lamb chops on serving platter. Spoon on tomato topping.



### **Savory Meat Loaf** – Don Glaze

1 20-oz. can chunk pineapple, unsweetened  
1 cup spinach, cooked and shopped (frozen may be used. Two bunches of fresh will cook to approx. 1 cup)  
1 lb. Ground round, lean or extra lean  
½ lb. Ground veal  
½ lb. Sausage  
2 eggs, large  
2 cloves garlic, minced  
1 cup onion, diced  
½ cup Parmesan cheese, grated  
½ cup American bread crumbs, unseasoned  
1 tsp. salt  
1 tsp. oregano  
½ cup bell pepper, chopped  
4 oz. burgundy wine  
½ cup Swiss cheese, cubed or sliced into strips ½” wide (or mozzarella)  
1 cup diced carrots, cooked (canned, frozen or fresh)

### **Savory Sauce**

Drain pineapple chunks, reserving juice; set aside. Cook, drain, and chop spinach. In a large mixing bowl or power mixer (not a food processor), combine ground round, real sausage and 2 Tbl. pineapple juice; mix well. Add eggs, garlic, onion and spinach; mix. Add Parmesan cheese, bread crumbs, salt, oregano, bell pepper and wine; mix thoroughly. Transfer ½ of mixture to a 2 to 3 qt. loaf pan that has been sprayed with nonstick spray coating; flatten to a uniform loaf. Add the Swiss or mozzarella cheese and distribute evenly over the meat. Add the remainder of the meat mixture and flatten to a uniform loaf. Bake, uncovered, in a 350° oven, 20 minutes. Remove from oven. Arrange pineapple chunks and sliced carrots alternately over the top of the meat mixture. Cover with a generous layer of the Savory Sauce. Bake 40 minutes longer, uncovered, or until done.

### **Savory Sauce**

1 cup catsup  
½ cup pineapple juice  
½ cup celery, diced  
¼ cup brown sugar, packed  
2 Tbl. prepared mustard  
¼ tsp. nutmeg

Combine all ingredients in medium mixing bowl and mix thoroughly

## **Tomato-Topped Meat Loaf**

1 carrot, grated  
1 small green pepper, chopped  
1 medium onion, chopped  
2 Tbl. margarine  
2 slices toast, broken in pieces  
½ cup milk  
2 lbs. Ground beef  
1 egg  
1 tsp. salt  
½ tsp. pepper  
Topping

Sauté first 3 ingredients in the margarine in skillet 2 to 3 minutes.  
Soak toast in the milk until softened. Combine all ingredients, except topping, and mix lightly but thoroughly. Shape in loaf in roasting pan and bake in moderate oven (375°) about 1 hour. Let stand 10 minutes, then turn out on platter and pour topping over loaf.

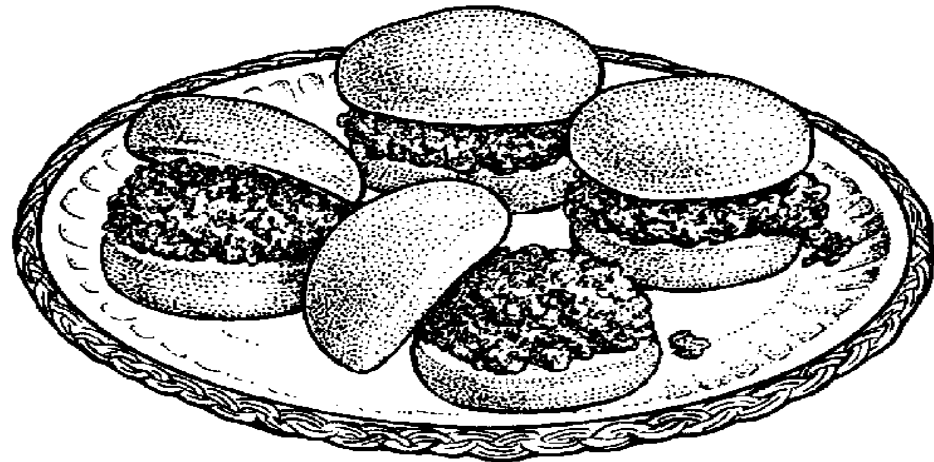
### **Topping:**

Sauté 1 chopped small onion in  
1 Tbl. margarine 1 to 2 minutes.  
Add:  
½ cup catsup  
¼ cup water  
1 ½ Tbl. Worcestershire  
1 ½ Tbl. sugar  
1 ½ Tbl. cider vinegar  
Salt and pepper to taste  
Simmer 2 to 3 minutes.

## **Sloppy Joes** – Grandma Mitchell

2 lbs. Hamburger, fried lightly  
1 or 2 8-oz. cans tomato sauce  
1 cup catsup  
2 Tbl. Worcestershire sauce  
2 medium onions  
Grated garlic or garlic salt  
Salt and pepper to taste

Simmer about 20 minutes. Serve on hamburger buns



## **Lasagna Pie**

1 lb. Ground beef  
1 tsp. dried basil leaves  
1 can (6-oz.) tomato paste  
1 cup shredded mozzarella cheese  
½ cup small curd creamed cottage cheese  
½ cup grated Parmesan cheese  
1 cup milk  
2/3 cup Bisquick baking mix  
2 eggs  
1 tsp. salt  
¼ tsp. pepper

Heat oven to 400°. Grease pie plate, 10" x 1 ½".  
Cook and stir beef over medium heat until brown;  
drain. Stir in oregano, basil, tomato paste and ½ cup  
of the mozzarella cheese. Layer cottage cheese and  
Parmesan cheese in plate. Spoon beef mixture over  
top. Beat milk, baking mix, eggs, salt and pepper until  
smooth, 15 seconds in blender on high or 1 minute  
with hand beater. Pour into plate. Bake until knife i  
nserted between center and edge comes out clean,  
30 to 35 minutes. Sprinkle with remaining cheese.  
Cool 5 minutes.

## **Taco Pie**

1 lb. Ground beef  
½ cup chopped onion  
1 envelope (1 ¼-oz.) taco seasoning mix  
1 can (4-oz.) chopped green chilies, drained  
1 ¼ cup milk  
¾ cup Bisquick baking mix  
3 eggs  
2 tomatoes, sliced  
1 cup shredded Monterey Jack or cheddar cheese

Heat oven to 400°. Grease 10" quiche dish or pie plate.  
Cook and stir beef and onion over medium heat until beef is  
brown; drain. Stir in seasoning mix. Spread in plate;  
sprinkle with chilies. Beat milk, baking mix and eggs until  
smooth, 15 seconds in blender on high or 1 minutes  
with hand beater. Pour into plate. Bake 25 minutes.  
Top with tomatoes; sprinkle with cheese.  
Bake until knife inserted between center and edge comes out clean,  
8 to 10 minutes longer. Cool 5 minutes. Serve with sour cream,  
chopped tomatoes and shredded lettuce if desired.

### **Bacon Pie**

12 slices bacon, crisply fried and crumbled  
1 cup shredded natural Swiss cheese  
1/3 cup chopped onion  
2 cups milk  
1 cup Bisquick baking mix  
4 eggs  
1/4 tsp. salt  
1/8 tsp. pepper

Heat oven to 400°. Grease 10" quiche dish or pie plate. Sprinkle bacon, cheese and onion in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minutes with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 35 to 40 minutes. Cool 5 minutes.

### **Quesadilla Pie**

2 cans (4-oz. each) chopped green chilies, drained  
4 cups shredded Cheddar cheese  
2 cups milk  
1 cup Bisquick baking mix  
4 eggs

Heat oven to 425°. Grease pie plate, 10" x 1 1/2". Sprinkle chilies and cheese in plate. Beat remaining ingredients until smooth, 15 second in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 25 to 30 minutes. Cool 10 minutes. Serve with sour cream and guacamole if desired.

### **Cheeseburger Pie**

1 lb. Ground beef  
1 1/2 cups chopped onion  
1 1/2 cups milk  
3/4 cup Bisquick baking mix  
3 eggs  
1/2 tsp. salt  
1/4 tsp. pepper  
2 tomatoes, sliced  
1 cup shredded Cheddar or process American cheese

Heat oven to 400°. Grease pie plate, 10" x 1 1/2". Cook and stir beef and onion over medium heat until beef is brown; drain. Spread in plate. Beat milk, baking mix, eggs, salt and pepper until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted in center comes out clean, 5 to 8 minutes. Cool 5 minutes.